

CUSTOMIZED INDIVIDUAL NUTRITION HANDBOOK

HSN

Goal Setting

When it comes to setting goals, you want to look at what is realistic to achieve in the short and long-term.

Our goals should be “SMART”: Specific, Measurable, Attainable, Realistic and Time-Sensitive.

Realistic goals are 1-2 pounds of weight loss per week and 1% body fat loss per month.

Slower weight loss ensures you are losing fat and preserving muscle.

- ✓ Start with the end in mind
- ✓ Break down larger goals that need to be achieved over a longer period of time into smaller steps
- ✓ Write your goals down and keep them in view (in your car or on your fridge)
- ✓ Share your goals with your family and friends for accountability and encouragement (you may even inspire them to set and achieve new goals)

Short-Term Goal: Why is this important to you?

Action Steps:

- 1 _____
- 2 _____
- 3 _____

Long-Term Goal: Why is this important to you?

Action Steps:

- 1 _____
- 2 _____
- 3 _____

Macronutrients

PROTEIN

- ✓ Protein provides 4 calories per 1 gram
- ✓ Provides our body's structure & components of enzymes
- ✓ Regulates body function & immune system health
- ✓ Aids in hormone regulation
- ✓ Calories from protein should comprise around 30% of your daily calorie intake*

Pro Tips

- ✓ Choose lean sources of protein (Look for the green star on the food options guide)
- ✓ Limit moderate and eliminate high fat sources of protein
- ✓ Trim fat (if needed) before cooking
- ✓ Utilize grill, bake or air fry preparation methods

FAT

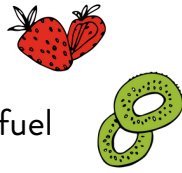
- ✓ Fat is the most calorically dense macronutrient, providing 9 calories per gram
- ✓ Aids in absorption of fat soluble vitamins
- ✓ Is used as a source of energy
- ✓ Calories from fat should comprise around 30% of your daily calorie intake*

Pro Tips

- ✓ Choose mainly healthy plant-based sources of fat
- ✓ Healthy fats include avocado, nuts, nut butter, coconut and olive oil
- ✓ Consume fat in moderation as it is more calorie dense
- ✓ Be mindful of how much added fat you consume through oils and cooking methods

Macronutrients Continued..

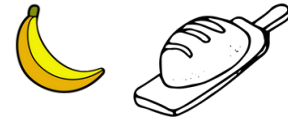
CARBOHYDRATES



- ✓ Our body's main source of fuel
- ✓ Keeps protein from being used as energy
- ✓ Aids in the oxidation (breakdown) of fat
- ✓ Calories from carbohydrates should comprise around 30-40% of your daily calorie intake*

*Individual needs may vary

Pro Tips



- ✓ Consume carbohydrates low in sugar (<4g) and high in fiber (>3g)
- ✓ Choose low glycemic fruits, vegetables and whole grains (Look for the green star on the food options guide)
- ✓ Shop the perimeter of the store for minimally processed items
- ✓ Load up your plate with non-starchy vegetables

SUGAR

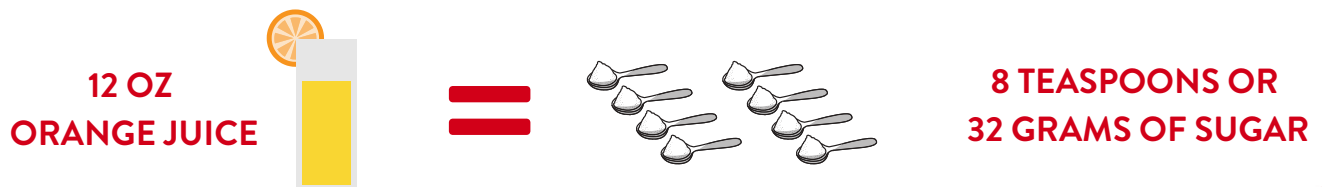
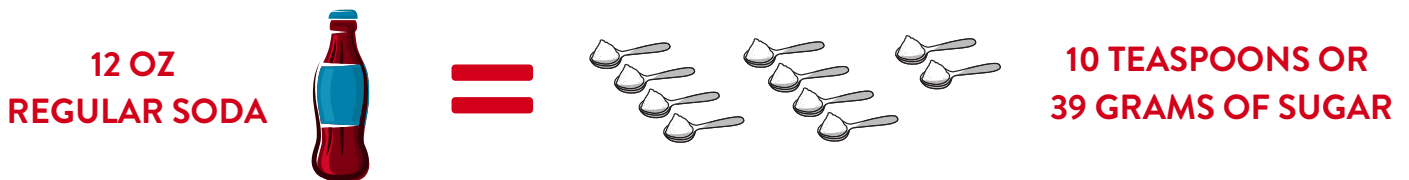


The combination of sugar and fat have a reaction in your brain that makes you happy! This causes you to crave more & makes sugar highly addictive.

- ✓ You will find hidden sources of sugar in yogurt, breakfast foods, sauces, and many packaged foods

Pro Tips

- ✓ When reading a nutrition facts label, 4 grams equals 1 teaspoon



Food Options Guide

Eat meat & Vegetables, Nuts & Seeds, Some Fruit, Little Starch & No Sugar

Protein Sources

Lean

(0-2 grams/ounce)

- | | | |
|----------------------|-----------------|----------------------|
| Bison | Catfish | Collagen Protein |
| Bone Broth | Calamari | Egg White Protein |
| Canadian Bacon | Clams | Whey Protein |
| Chicken Breast | Crab | Pumpkin Seed Protein |
| Egg Whites | Flounder | Pea Protein |
| Goat | Haddock | Hemp Protein |
| Ground Turkey (99/1) | Lobster | Rice Protein |
| Pork Tenderloin | Mahi | |
| Rabbit | Mussels | |
| Reindeer | Salmon | |
| Tempeh | Scallops | |
| Tofu | Shrimp (Prawns) | |
| Turkey Breast | Snapper | |
| Turkey Jerky | Swordfish | |
| Veal | Tuna | |
| Venison | | |

Moderate

(3-4 grams/ounce)

- Beef Jerky
- Chicken Thigh
- Chicken Sausage
- Eggs
- Elk
- Filet
- Ground Turkey (93/7)
- Ground Sirloin
- Lamb
- Minced Meat
- Quail
- Sirloin
- Strip Steak
- Turkey Sausage
- Mollusk
- Oyster

Fatty

(5+ grams / ounce)

- Bacon
- Chicken Wing
- Ground Chuck
- Ground Pork
- Pork
- Processed Meats
- Rib-Eye
- Sausage

Volume (Non-Starchy) Carbs

- | | | |
|------------------|--------------------------------------|---------------|
| Artichoke | Green Beans | Sauerkraut |
| Arugula | Kohlrabi | Spinach |
| Asparagus | Leafy Greens | Summer Squash |
| Aubergine | Hearts of Palm | Tomato |
| Beets | Kale | Turnips |
| Bok Choy | Leeks | Zucchini |
| Broccoli | Lettuce | |
| Brussels Sprouts | Mixed Veggies (without peas or corn) | |
| Cabbage | Mushrooms | |
| Carrots | Okra | |
| Cauliflower | Onions | |
| Celery | Pea Pods | |
| Charde | Peppers | |
| Cucumber | Radishes | |
| Eggplant | Rhubarb | |
| Endive | Rutabaga | |

Healthy Fats

- | | |
|---------------|-----------------|
| Almonds | Macadamias |
| Avocado Oil | Olive Oil |
| Brazil Nuts | Peanuts |
| Cashews | Pecans |
| Chestnuts | Pine Nuts |
| Chia Seeds | Pistachios |
| Coconut Oil | Pumpkin Seeds |
| Flaxseed Oil | Rapeseed Oil |
| Grapeseed Oil | Sesame Seeds |
| Hazelnuts | Sunflower Seeds |
| Hemp Seeds | Walnut Oil |
| Hemp Hearts | |

Sugar

(Limit)

- Agave
- BBQ Sauce
- Brown Sugar
- Candy
- Cane Sugar
- Dried Fruit (Added Sugar)
- Honey
- Jam
- Jelly
- Syrup

Starchy Carbs

Low Glycemic ★

Acorn Squash	Apple	Kiwi
Almond Flour	Apricot	Lingonberries
Beans	Black Currant	Mandarin
Butternut Squash	Blackberries	Nectarine
Edamame	Blueberries	Orange
Kabocha Squash	Cantaloupe	Peach
Lentils	Cherries	Pear
Peas	Clementine	Pineapple
Pumpkin	Gooseberries	Plum
Split Peas	Grapefruit	Pomegranate
Taro	Grapes	Raspberries
	Guava	Strawberries
		Tangerine

Moderate Glycemic ★

• Amaranth	Tomato Sauce
• Arrowroot Flour	Wheat Pasta
• Barley	Wild Rice
• Brown Rice	Yams
• Buckwheat	Yuca
• Cassava	Banana (unripe)
• Chickpeas	Fig
• Oatmeal	Honeydew
• Parsnips	Melon
• Quinoa	Papaya
• Red Potato	Watermelon
• Sweet Potato	

High Glycemic ★

• Barley Flour
• Corn
• Jasmine Rice
• Rice Flour
• Wheat Flour
• Banana (ripe)
• Date
• Mango
• Plantain
• Raisin

Combo Foods

Protein + Fat

- Whole Eggs
- Nuts/Nut Butter
- Egg Whites + Avocado
- Egg Whites + Peanut butter
- Cheese (cottage, Swiss or cheddar)
- Tuna + Avocado
- Turkey + Guacamole

Carbs & Protein

- 0% Greek Yogurt
- Hummus
- Edamame
- Chickpeas
- Oatmeal + Egg Whites
- Deli Meat + Rice Cake

Protein + Carbs + Fat

- Rice Cake + Deli Meat + Avocado
- Deli Meat + Hummus Roll-Up
- RX Bar/RX Kids Bar
- 0% Greek Yogurt + Nuts
- Sweet Potato Toast + Nut Butter

The Plate Method



The Plate Method

The Plate Method is one of the easiest and most effective methods for improving your diet by eating a balanced meal of high-quality foods. You can utilize this method to incorporate your favorite foods and recipes in your diet.

Pro Tips

- ✓ Eat your non-starchy veggies (½ your plate) first
- ✓ After your veggies, next eat your protein



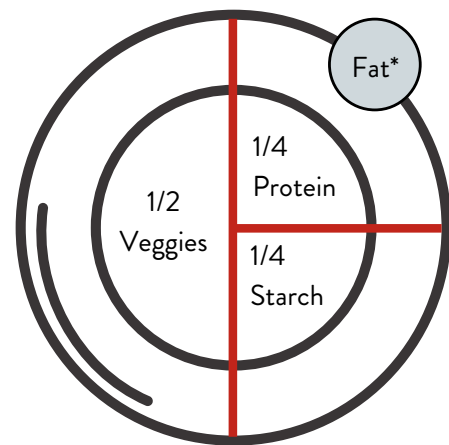
Eat your carbs last



If you are looking for a lower carbohydrate meal, load up with $\frac{3}{4}$ of your plate veggies



1. Make $\frac{1}{2}$ of your plate non-starchy vegetables
2. Make $\frac{1}{4}$ of your plate lean protein
3. Make $\frac{1}{4}$ of your plate complex carbohydrates
4. Add in a healthy plant-based source of fat



*Fat recommendation varies based on fat from protein/meat

BREAKFAST PRO TIPS

- ✓ Swap out bacon and sausage for leaner protein options like Canadian bacon, turkey bacon or chicken sausages
- ✓ Mix whole eggs and egg whites together for a higher protein and lower fat option
- ✓ Plan ahead – make overnight oats or a Greek yogurt parfait with fruit and nuts for busy mornings
- ✓ Choose whole foods, not food products
- ✓ Add non-starchy veggies to omelets and scrambles
- ✓ Get extra veggies into your breakfast with carrot cake porridge or sweet potato hash egg muffin breakfast recipes
- ✓ Try our sweet potato toast with mashed avocado and scrambled egg whites or with nut butter and chia seeds



LUNCH & DINNER PRO TIPS:

- ✓ Go for lean protein sources such as chicken, turkey, pork loin, fish and shrimp
- ✓ Try out spaghetti squash, zucchini spirals or carrot noodles in place of pasta
- ✓ Use cauliflower rice to get more non-starchy veggies in
- ✓ Need some healthy fat? Add avocado!
- ✓ Beware of sauces, dressings and gravies that contain excessive fat, sugar or sodium - make your own instead! Give the sun-dried tomato pesto turkey sausage bolognese recipe a try.
- ✓ Choose whole foods, not food products



RECIPE PRO TIPS:

- ✓ Incorporate lean sources of protein instead of moderate or high fat protein
- ✓ Choose lean loin cuts and low-fat content ground meats
- ✓ Trim the fat off of meat before cooking
- ✓ Swap out butter and animal fat for plant based healthy fats (ex: olive oil, coconut oil and avocado oil)
- ✓ Utilize whole grains instead of refined grains (ex: whole wheat flour, brown rice, quinoa and oatmeal)
- ✓ Use whole foods in place of processed packaged foods (ex: use fresh instead of canned foods, make the sauce or salad dressing)
- ✓ Load up on the non-starchy veggies (if they don't work with your recipe make them separately)
- ✓ Try to grill, bake, slow cook or air fry as the preparation method

Remember to use these tips for keeping your plate balanced while enjoying your favorite foods and recipes!

Meal Planning in Three Easy Steps



Pick Your Staples

Pick 2 proteins and 2 breakfast options. Our favorites:

[Pulled Chicken](#)

[Egg Muffins](#)

[Meatloaf Muffins](#)

[Amish Oatmeal](#)



Pick Your Pairing

Pick veggies & starch



Organize your list

For easy shopping, list all of your items in order of the store layout. For example, all fresh meats should be grouped together on your list

Macronutrient Staples

Protein	Starches & Fruit	Veggies	Fat
<ul style="list-style-type: none">• Grilled Chicken• Eggs• Tuna• Ground Turkey• Canadian Bacon• Whey Protein• Pork Tenderloin• Shrimp• Fish	<ul style="list-style-type: none">• Brown Rice• Sweet Potato• Butternut Squash• Oatmeal• Steel Cut Oats• Quinoa• Black Beans• Kidney Beans• Apple• Berries• Peach	<ul style="list-style-type: none">• Broccoli• Carrots• Green Beans• Asparagus• Tomato• Cucumber• Zucchini• Cauliflower	<ul style="list-style-type: none">• Avocado• Nuts• Nut Butters• Seeds• Seed Butters• Coconut Oil• Olive Oil• Butter

Mindfulness

Why:

Mindful eating is a technique that helps you gain control over your eating habits. It has been shown to promote weight loss, reduce unhealthy eating, and help you feel better.

Pro Tips

- ✓ Chew slowly
- ✓ Put your fork down in between bites
- ✓ Take frequent sips of water
- ✓ Stop eating when you are about 70% full
- ✓ Remember that your brain is 15 minutes behind your stomach
- ✓ Ensure distraction free eating (avoid eating while watching tv or using electronic devices)

Hydration

Why:

Hydration plays a vital role in our metabolism, flushes out the byproducts of fat, body temperature regulation and optimizes metabolic rate.

Pro Tips

- ✓ Drink water consistently throughout the day
- ✓ Try flavoring water with fruit and vegetable slices
- ✓ Make your goal to drink at least 80 oz of water per day
- ✓ Remember that dehydration can decrease performance up to 20%

Stress Management

Why:

We all have different stressors in our lives, whether it be at work or at home. The most important thing is how you respond to and manage stress.



Pro Tips

- ✓ Exercise! Physical activity releases endorphins which help you feel happy
- ✓ Practice parasympathetic activities such as massage, yoga, meditation, and journaling.
- ✓ Be present in the moment
- ✓ Practice positive self-talk and affirmations

Non-Food Rewards

Why:

Many of us tend to use food as a reward after achieving a milestone. But we should use food as fuel and not as a reward or comfort. Next time you want to treat yourself utilize a non-food reward.



Pro Tips

- ✓ A new piece of clothing
- ✓ A massage or facial
- ✓ A new book or movie
- ✓ A trip to the beach or relaxing activity
- ✓ A new pair of shoes

Mindset

Why:

The physical and mental benefits of positive thinking have been demonstrated by multiple scientific studies. A positive mindset can give you more confidence, improve your mood, and even reduce the likelihood of developing conditions such as hypertension, depression and other stress-related disorders.



Pro Tips

- ✓ Start the day with positive affirmation
- ✓ Focus on the good things, however small
- ✓ Transform negative self-talk into positive self-talk
- ✓ Surround yourself with positive people (friends, coworkers or mentors)
- ✓ Turn mistakes into lessons and learn from your blunders

Eating Out

Why:

We love our restaurants! According to the National Restaurant Association, Americans eat about 24% (or almost ¼) of meals out. But you can still enjoy going out to eat while staying on track with your nutrition goals.



Pro Tips

- ✓ Plan ahead! Look at the menu & nutrition facts online before you dine
- ✓ Skip the appetizers & ask for no extras like bread or chips
- ✓ Ask for dressings & sauces on the side
- ✓ Substitute pasta or rice with veggies
- ✓ Watch the portion size. If portions are large, ask for 1/2 of your meal to be boxed up to go
- ✓ Eat your calories, don't drink them! Make water your beverage of choice

Sleep

Why:

Getting enough sleep is essential for maintaining optimal health & well-being. When it comes to health, sleep is as important as regular exercise & eating a balanced diet. Adequate sleep is also vital for recovery & repair of our body. Research shows that poor sleep has immediate negative effects on hormones, exercise performance, & brain function, & can cause weight gain & increased disease risk.



Pro Tips

- ✓ Increase bright light exposure during the daytime. Natural sunlight or bright light during the day helps keep your circadian rhythm healthy
- ✓ Limit electronic device usage like smartphones and computers in the evening
- ✓ Don't consume caffeine late in the day (after 3 or 4 pm)
- ✓ Try to get in the habit of waking up and going to bed at consistent times
- ✓ Optimize your bedroom environment!
- ✓ Minimize external noise, light and artificial lights from devices like alarm clocks

Supplementation

Choose whole foods over supplements! Whole foods are the ideal way to receive vitamins & minerals due to bioavailability and absorption rates. Taking many different vitamins & minerals in the pill form is not recommended.

Supplements are recommended when your intake isn't enough to cover your needs. If lab work results show you are low in something, this would be a good reason to take a supplement. Annual health screenings and blood work is recommended for tracking trends.

Omega-3 fatty acids play an important role in the body by decreasing inflammation & recovery time, as well as improving heart health and mood. Omega 6s & 9s increase inflammation your body's reaction to stress. Although we need some of the omega 6s & 9s, we don't need to add additional sources through supplementation. When taking an omega supplement, you only want to take Omega 3s (look for DHA or EPA on the label).

Whey protein is the gold standard for building lean muscle mass. It's fast-absorbing & best to have post-workout. This is the most commonly used & recommended with HSN clients.

Collagen protein has been shown to have benefits for hair, skin nails & joints. This is not a complete protein so you shouldn't take in place of your post-workout protein powder.

Casein is a good option for athletes looking to build muscle but are not meeting their protein goals for the day. Casein is slow digesting & is recommended to have at night.

Pea protein powder is a great vegetarian and dairy-free option. Unlike some plant-based protein powders, it is well digested & highly bioavailable. Pea protein is almost as good as whey protein for building muscle, feeling satiated, & recovering from workouts.

Health Indicators

Triglyceride/HDL Ratio

<2 OPTIMAL	2-4 BORDERLINE	>4 ABNORMAL
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Triglycerides

<100 OPTIMAL	100-150 BORDERLINE	>150 ABNORMAL
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Hemoglobin A1c

<5.7 OPTIMAL	5.7-6.4 BORDERLINE	>6.5 ABNORMAL
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HDL-C

>=60 OPTIMAL	50-59 BORDERLINE	<50 ABNORMAL
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BMI

<18.5 UNDERWEIGHT	18.5-24.99 OPTIMAL	25-29.99 OVERWEIGHT	30-34.99 OBESE GRADE I	>35 OBESE GRADE II
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Body Fat Percentage Women

<10% UNDERWEIGHT	10-12% ESSENTIAL	14-20% ATHLETE	21-35% NORMAL	>35% OBESE
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Body Fat Percentage Men

<2% UNDERWEIGHT	2-4% ESSENTIAL	6-13% ATHLETE	8-24% NORMAL	>24% OBESE
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*** Disclaimer: If any of these numbers are elevated, it is highly recommended that you follow-up with your physician and receive medical clearance. Your meal plan is designed to optimize your health but shouldn't replace any medications prescribed to you by your doctor.

If a client's body fat % is lower than the essential range they must be referred to work with a registered/licensed dietitian or their healthcare provider.

FAQs

Q: Can I still drink alcohol?

A: Alcoholic beverages can be a sneaky source of sugar and calories. Avoid frozen drinks and mixers like soda and juice. Choose light beer, a glass of wine or clear alcohol mixed with soda water. Remember that alcohol does impair performance while slowing down recovery and progress - so enjoy in moderation.

Q: Do you recommend juices and smoothies?

A: While it sounds healthy, juices are loaded with sugar. In fact, a 12 oz glass of juice can contain up to 30 g of sugar - compared to a 12 oz bottle of soda that contains 40 g of sugar! Choose whole fruits instead of juice which are packed with fiber and nutrients. Beware of commercial and frozen smoothies that are loaded with sugar and syrups. Instead make a balanced smoothie at home that contains carbohydrates, protein and fat. Try an almond milk, banana and nut butter smoothie.

Q: Can I still eat a sandwich?

A: Yes! If you love having a sandwich for lunch then do it, just make it a healthy part of your balanced meal. Try using whole grain or sprouted wheat bread. Use the whole grain sandwich flats or make it opened face. Next add your lean protein and then load up on the veggies! Then you could finish it off with some avocado or hummus. Remember that you can always utilize the Plate Method to incorporate your favorite recipes and foods.

Q: What if I'm still hungry?

A: Remember the mindful eating techniques. It takes our brain 15-minutes to catch up to our belly. If you slow down and take the time to enjoy your food, you might be surprised to find that you are full before finishing your plate. If you are still hungry, we recommend always going back for extra non-starchy veggies.

Q: I don't have time to meal prep, what should I do?

A: Although prepping is the best way to set yourself up for success, sometimes life happens. We would recommend stocking up your freezer and pantry with some staples just in case. Some of our favorites include: frozen chicken breast, frozen veggies, frozen sweet potato toast, canned tuna.

Q: When is my cheat day?

A: Why does it need to be an entire day with such a negative connotation? Try thinking about it as having a little treat then move on. Of course, the idea is that we are limiting the amount of processed foods and sugar on a regular basis but if you want a little something sweet, have it and then move on. You don't need to derail all of your hard work for the week by going off the plan for an entire day. We would also recommend trying some of our healthy treat recipes such as the casein pudding or chocolate chip protein cookies (recipes available at healthystepsnutrition.com).

Visit <https://healthystepsnutrition.com/healthy-recipes/> for tons more awesome healthy recipes!